

BRUIN

Brecon Rotary Update, Information & News

Greetings

It can feel like it is unfashionable to say so, but I love Christmas. The combination of an opportunity to stop work and spend time with friends, colleagues and family is priceless. It also provides a time to reflect on the preceding 12 months, and to say they have been eventful would be an understatement.

Recent research has demonstrated that the keys to happiness are relatively simple: focus on what has gone well and be grateful for what you have. This doesn't mean counting possessions but celebrating the experiences we have had, the relationships we value and the opportunities that life gives us. So much has "gone well," both in terms of major events like the Caledonian Market and also smaller triumphs like a good chat with friends.

Since joining Rotary I have a lot to be grateful for. I have made new friends, had new experiences (mostly while wearing a hi-viz jacket) and had the opportunity to contribute to new community activities such as laying a wreath on Remembrance Sunday, another day for gratitude and reflection. This Christmas and New Year let us keep our focus on the good things about being a Rotarian, let us be grateful for the fellowship it gives us and look forward to the future.

I am now nearly half way through my year as President and as I was filling in the forms on the Rotary website to report back on all that we have done I was struck by just how busy we have been. We have been involved in 16 projects in six months, racked up over 1,000 volunteer hours and raised over £11,000 for good causes. Even this is an underestimate, I suspect, so I would like to sign off this Christmas missive with a huge thank you for all the energy and enthusiasm that everyone has put into Club activities. I hope that you all have a well earned break this Christmas and enter the coming year with the same enthusiasm.

Sarah, Iory, Lily and I wish you all a very Happy Christmas and a peaceful New Year.

- Owen

I would like to thank all my fellow Rotarians for helping me during my first six months as President Elect. Without your support and encouragement my job would be so much harder, and it is good to see our Club continue to go from strength to strength. I look forward to more fun and fellowship over the coming six months, and wish you and yours a relaxing and fun Christmas and a healthy and prosperous 2018.

Warmest regards

- Hayley

The Caledonian Market has been an institution here in Brecon for 40 years.



The name came from the Cattle and General Market on the Caledonian Road in Islington, which was established in 1855 in London and closed at the end of World War II in 1945. It was especially noted for miscellaneous second-hand goods, and was much frequented by bargain hunters. This is a pretty good description of what happens at the Caledonian Market.

The Brecon Caledonian Market started way back in 1977 when just over £700 was raised. Over the years the takings have steadily risen to a situation now where we are making a substantial amount of money each time, and it has become our major fundraiser! It is now the envy of other clubs, as they would like to emulate our success, and we have had several enquiries about this.

Our own success is down totally to good planning, communication, teamwork and great help from local people in the Community—and the fact that it has become part of Brecon's calendar.

Everyone knows now that the first Saturday in November is Brecon's annual Caledonian Market.

- Anne



Benefits to charities

This year, instead of dumping items unsold at the Caledonian Market, as we tended to do in the past, we diverted items we had received as donations to selected charities on a larger scale.

One of the charities that benefited from the unsold items was the Hay, Brecon & Talgarth branch of City of Sanctuary, a national movement with over 60 local groups committed to developing a “culture of welcome and inclusion” for people seeking sanctuary in the UK. The aim of the movement, according to its website, <http://hbtsr.org.uk>, is “to create a network of places throughout the country which do their best to include people

seeking asylum or refuge in the lives of their communities.” Ailsa Dunn, who the Club nominated for a Paul Harris fellowship, is very involved in this organisation, as is Pat’s wife Margaret.

Another beneficiary was Oranges & Lemons in Swansea, <http://www.orangesandlemonscymru.com>. Gareth and I visited their unit when we took the last load to them. Imagine a unit two to three times the size of the Market Hall but filled completely, with a few very narrow gangways to walk around. This new charity works with social services. Recipients are escorted around the unit so they can choose what they want. A very minimal sum of £5 will supply items to furnish a complete house. They have to charge for delivery at £20 a van load to cover expenses, if recipients cannot collect themselves.

Other charities who received unsold items were Brecon Dial a Ride, Red Cross Crickhowell Branch, and Llangorse School Rags to Riches clothes collection.

- Clive



Tales from the Shed Part 1

It was around the turn of this century when Rotarian Handel Davies announced that he had arranged with a local farmer to use his cattle shed in October to store items collected in advance of market day, always the first Saturday in November. And so it happened that instead of Rotarians filling their garages with more than the usual rubbish, the shed became the main stores. This led to a change in items collected, as now we could collect furniture and other large items, because Handel had a trailer to go out on collections.

Unusual items donated part 1

We were asked to collect 3-piece suites, wardrobes etc, but the largest item collected was an indoor multi gym, which took three men to carry it into the shed, down to the Market Hall, back up to the shed and then to deliver it free of charge on the Sunday to a lady in some remote part of Tredegar. Derek Adams and myself eventually found the house, only to be greeted by a scantily clothed lady who announced that her husband had gone out and would we like to go in for refreshments! We left the gym on her doorstep and beat a hasty return to Brecon and a well-earned pint! Deliveries are now restricted to the Brecon area on instructions from the wife.

Stuck in the lift with Jumbo

An elderly lady who lived in the retirement flats in Brecon donated a large display cabinet. The only way to get it out was to use the lift. Rotarian Antony Edwards was with us. Handel had affectionately called him “Jumbo” partly due to size but mainly due to his appetite for

jumbo sausages. The cabinet could barely fit into the lift along with all three of us. As the elderly lady cuddled up to Jumbo the alarm went off: the lift was overloaded. Jumbo said it was a security alarm as she was locked in a lift with three men! Eventually we got out, leaving Jumbo with the lady whilst Handel and I moved the furniture.

Darkness in the Shed

Originally the shed had only one light. Loading the trailers was both an art and a mystery. How it all got sorted on the Friday night by all the helpers and Rotarians is a great example of teamwork. Handel solved the problem by fitting four powerful LED lights and also putting waterproof ground sheets on the floor to keep things dry. This was much needed one year when exceptional rain almost flooded the shed, but again Handel saved the day by clearing a drain and diverting the water before any damage occurred.

More Tales From The Shed in the next edition of BRUIN.

- Gareth

Dates for the diary

- 18 December Christmas Lunch
- Sing-a-long Carol Service at Brecon Cathedral
- 25 December No Meeting
- 1 January No Meeting
- 8 January Business Meeting
- 19 January Fun Night – Gin Tasting
- 22 January Speaker Meeting
- 29 January Breakfast Meeting



Speakers

- 22 January Julie Williams, Regional Fundraising Manager, Ty hafan
- 26 February Katie Evans, report back on Guides grant
- 26 March Roy Garnell BEM* on anti-terror duty during the Troubles
- 23 April Julian Atkins, new CEO Brecon Beacons National Park Authority
- 25 June Rebecca Chamberlain and Gill Colerick, The Stroke Association

Bottle Rota

8 January	Barry Tomlinson	12 March	Gareth Griffiths
15 January	Andrew Wakley	19 March	Carol Herbert
22 January	Brian Birtles	26 March	Howard Hoare
29 January	Pat Blake	2 April	Bank Holiday
5 February	Hywel Davies	9 April	John Hopkins
12 February	Terry Dewan	16 April	Owen Hughes
19 February	Anthony Edwards	23 April	Anne Ingham
26 February	Brian Ellams	30 April	Peter Jenkins
5 March	Mike Evans		

Profile



I was born in Breconshire War Memorial Hospital in November 1976, my father the eldest of the ten Quarrell children and my mother one of six children from Llangors.

We moved to Llangors shortly after my mother and father separated and I began school in Llangors Primary School aged three.

After completing my secondary education in Gwernyfed High School, Three Cocks, I went on to study Environmental Studies in Trinity College Carmarthen where I obtained my Honours Degree.

I began my career in the NHS in 1999 as a Data Input Clerk for the then Powys Health Care NHS Trust and after 12 months of entering data I took up a role within the National Assembly for Wales Agricultural Department. In the year 2000 I returned to the Health Service and over the past 17 years I have progressed from Admin Assistant to Commissioning Manager, a role which requires me to deal with everything from patient complaints, complex contractual arrangements to service development and redesign. I was fortunate in 2008 to undertake a two-year secondment to Powys County Council where I led on Third Sector Contacts and Commissioning in Adult Social Services and during which time I also trained as a Non-Criminal Investigator in Adult Protection, an area of work that highlighted many of the terrible ways in which our elderly suffer.

I have continued with my education, obtaining a Postgraduate Certificate in Health Economics, the Institute of Leadership and Management Level 5, the Introduction to NHS Governance (Wales) run by the HFMA and a Certificate of Credit in Commissioning and Purchasing for Public Care run by Oxford Brookes University. I have also completed the APM Project Management course in March 2017, which has facilitated my progression into my new Project Management role, which I will take up before Christmas.

In 2011 I joined Beacons Creatives Ltd as a Director and sat on their Board for four years. Beacons Creatives is a Social Enterprise that supports people who are furthest from the employment market and predominantly supports people with Learning Disabilities.

I love to travel and have travelled all over the world to some amazing places including Sri Lanka, Bali, Singapore, Iceland and Australia, however it was in 2014 when I was selected to be part of the International Learning Opportunity with Welsh Government, which enabled me to spend 8 weeks in Mbale, Eastern Uganda, that I got to live my dream and during my eight weeks there I worked closely with a number of charities. Living in Sub-Saharan Africa allowed me to immerse myself in their culture, form ongoing bonds with local people and enabled me to go on safari.

I am a keen baker and especially enjoy making novelty birthday cakes for friends and family. I even applied for the Great British Bake Off a few years ago but sadly didn't get accepted.

The greatest love of my life is my six-year-old Schnauzer Tilly. Despite a rocky start when she was hit by a car when she was six months old and broke her pelvis in four places, she takes top spot in the family.

- Cath

Buried alive



Surviving a disaster is one thing; living with the trauma it has caused is another. At our meeting on 20 November 2017 our speaker was Gaynor Madgwick who, when aged eight and a half, was in Pantglas Junior School, Aberfan, when disaster struck. Tip No 7 of the Merthyr Vale Colliery with all its slurry slid down the mountain enveloping the school. Over 100 children in Pantglas School were killed. Gaynor was one of the ones who, though injured, survived. Her brother and a

sister didn't. "But did I really survive?" she asked us.

Fifty years since the tragedy, she was able to recreate vividly the events of that day on 21 October 1966, the last day before half term. Her emotions are still raw and the impression she gave us was that her life since then had been largely unsatisfactory. Gaynor had sought closure by tracking down others involved on that dreadful day and had written a 245-page book, which was into its second edition, starting with a foreword by Vincent Kane, the broadcaster.

When she was aged thirteen, Gaynor had written her own account of what had happened and years later this was augmented by the accounts of some of her rescuers and by her nurse and others whom she had tracked down. Everyone knew that Tip No 7 was being undermined by a stream, but because no-one wanted Merthyr Vale Colliery to close, nothing was done about it. That Gaynor has an ever-present memory of the Aberfan disaster was evident. She had provided a compelling talk, had spoken confidently and well. Would she have been able to do that if the tragedy hadn't happened? Probably not. She had survived the trauma.

- Peter

